

DRAFT RECOMMENDATIONS FOR PEDIATRIC MENTAL HEALTH COST SHARING FOR STANDARD PLANS

Revised to reflect 10/25/22 meeting discussion in blue. And with revisions to Rx meds 10/31/2022

Below reflects the discussion at the 7th Standard Plan Working Group meeting. Below reflects a recommendation with cost sharing input still outstanding. Please review the policy below and reach out to SPWG staff with feedback. We are seeking consensus for a discussion and vote Nov. 1.

1. Mental Health Services and Medications with Modified Cost Sharing

See below Revised Unified Treatment Scenario for *ALL mental health conditions*.

- *Includes all primary diagnosis codes beginning with F (not secondary or lower), see ICD-10 CM online at [Comprehensive Listing ICD-10-CM Files \(cdc.gov\)](https://www.cdc.gov/icd10/cm)*
- For visits, we are not differentiating between visit types for initial assessments, medical evaluation and management visits, and follow-up therapy visits. We have CPT codes that correspond to all visit types and all modalities, e.g., telehealth.
- There is some flexibility for medications within drug classes.

2. Ages Covered

Up to 19th birthday, consistent with pediatric ACA services.

3. Cost-Sharing and Visit Limits Alternatives with AV Offsets:

OPTION 1:

\$10 Copay for All Services (except drug/labs which remains at \$0), First 26 Visits

Plan	Current Metal AV	Age 18, All F Dx Codes
Platinum Plan 2023	89.89%	89.92%
Gold Plan 2023	81.92%	82.00%
Silver Plan 2023	71.95%	72.11%
Bronze Copay Plan 2023	64.91%	64.98%

AV Offsets

	MOOP – Current	MOOP – Adjusted
Gold - \$10 Copay	\$5,800	\$5,900
Silver - \$10 Copay	\$8,850	\$9,100

OPTION 2:

\$0 Copay for All Services, First 20 Visits

Plan	Current Metal AV	Age 18, All F Dx Codes
Platinum Plan 2023	89.89%	89.93%
Gold Plan 2023	81.92%	82.03%
Silver Plan 2023	71.95%	72.13%
Bronze Copay Plan 2023	64.91%	64.99%

AV Offsets

	MOOP – Current	MOOP – Adjusted
Gold - \$0 Copay	\$5,800	\$5,900
Silver - \$0 Copay	\$8,850	\$9,100

4. Bronze HSA Plan

No modification to Bronze HSA plan (which has statutory cost-sharing rules).

UNIFIED TREATMENT SCENARIO FOR ADDRESSING MENTAL HEALTH CONDITIONS AMONG CHILDREN IN DC
Revised, October 18, 2022

For encounters with All ICD-10 F codes (all mental health conditions) among patients up to 19th birthday:

VISIT TYPES	CPT CODES	SERVICE TYPES	SPECIALTY	DESCRIPTION OF INCLUDED SERVICES
New, Follow up	11981	Primary Care, Mental Health Care	Behavioral Health/Psychiatry; Internal Medicine/Infectious Disease/Family Medicine/Gynecology/Endocrino logy	New medical visit; New patient, screening/assessment; Evaluation and management; Psychotherapy crisis; Individual therapy; Family/Group therapy
	90835			
	90836			
	90837			
	90838			
	90839			
	90840			
	90846			
	90847			
	90853			
	96127			
	99202			
	99203			
	99204			
	99205			
	99211			
	99212			
	99213			
	99214			
	99215			
	99244			
	99245			
	99354			
	99355			
	99442			
	99443			
	99484			
99492				
99493				
99494				

Related services for gender dysphoria only:

RELATED SERVICES TO BE COVERED WITH ZERO COST SHARING		CPT CODE	FREQUENCY (PER YEAR)
Laboratory Tests	Testosterone (free and total)	84402, 84403	Quarterly
	Estradiol	82670, 30289	Quarterly
	Hemoglobin and hematocrit (or complete blood count)	85014, 85018, 85025	Semi-annual
	Comprehensive metabolic panel	80053	Semi-annual
	25 OH-D Vitamin D	82306	Annual
	Lipid panel	80061	Annual
	Luteinizing hormone and follicle-stimulating hormone	83001, 83002	Annual
	Prolactin	84146	Annual
Imaging	DEXA scan	77080	Annual
	Bone age x-ray	77072	Annual
Procedures	Hormone therapy injection	96372	PRN

Medications (developed based on treatment of most prevalent mental health conditions, but not limited to use with these conditions: anxiety, PTSD, depression, gender dysphoria, ADHD, Autism, and conduct disorders among patients 18 years of age and under).

MEDICATION CLASS/GROUP	SPECIFIC MEDICATIONS TO BE COVERED WITH ZERO COST SHARING
SSRIs	All
SNRIs	All
Atypical antidepressants	All (e.g., SARIs, mirtazapine, trazodone)
Anti-histamines	Hydroxyzine HCl
Anti-hypertensives	Prazosin
Atypical anxiolytics	All (e.g., buspirone)
Alpha agonists	Clonidine, Clonidine ER , Guanfacine, Guanfacine ER
Beta blockers	Propranolol, Metoprolol
Anti-manic agents	All (e.g., lithium)
Stimulants	All (e.g., amphetamine, methylphenidate)
Anti-psychotics	Quetiapine, Aripiprazole, Brexpiprazole, Lurasidone
GnRH analogs	All (e.g., Lupron, Triptorelin, Histrelin)
Sex hormones	All (e.g., oral/transdermal/injectable estradiol, injectable/transdermal testosterone, progesterone)
Nonsteroidal anti-androgens	All (e.g., bicalutamide, spironolactone)
5-alpha reductase inhibitors	All (e.g., finasteride, dutasteride)

Typical Indications
Note: these typical indications are not exhaustive; for instance, many anti-depressants are used for the treatment of other mental health conditions as well

- Depression
- Anxiety, PTSD
- ADHD
- Gender dysphoria